



## ROYAL CITY TWILIGHT #1

### OPEN TO ALL AGES

**DATE OF COMPETITION:** Sunday May 24th

**FACILITY:** Alumni Stadium located on the campus of the University of Guelph. The Stadium has hosted many International, National, and Provincial competitions. Several Canadian records have been achieved on the track and in the field at Alumni Stadium, so it is a terrific facility for this level of competition. The facility has an eight lane track, 2 jump pits, PV runway, and a high jump pit. There is also the ability to change directions based on wind if necessary. We will make the decision on direction a minimum of 1 hour in advance of the competition.

**LOCATION:** Alumni Stadium, 26 Powerhouse lane, Guelph, Ontario N1G 2W1  
<https://www.uoguelph.ca/maps/locations/alumni-stadium>

**ENTRY FEE:** \$25.00 For all entries via Trackie registration link (*may enter as many events as you choose for one fee*)

<https://www.trackie.com/event/2026-RCACnitro1>

**ENTRY DEADLINE:** Friday May 22<sup>nd</sup> @ 5:00pm

**ELIGIBILITY:** Must be registered with Athletics Canada or a National Governing Body. WA & WPA Sanctioned competition. More info on sanctioning is [HERE](#)

**FINAL SCHEDULE:** Final schedule will be released to entrants and public approximately 2 days in advance of the meeting. If there are insufficient entries, events will be removed from the schedule. Events cancelled will have entries refunded.

**CHECK-IN:** Check in at the desk at least 15 minutes prior to race. Field events 30 minutes before start time.

**CONTACT:** All inquiries are to be directed towards meet director, Paul Galas  
([royalcityathletics@gmail.com](mailto:royalcityathletics@gmail.com)) with more information on website: [www.royalcityathleticsclub.org](http://www.royalcityathleticsclub.org)

<b>Royal City Twilight Meet #1 Events</b>	
<b>Men &amp; Women for both events</b>	
	<b>100m</b>
	<b>400m</b>
	<b>800m</b>
	<b>1500m</b>
	<b>5000m</b>
	<b>110mH / 100mH</b>

### **TRACK EVENTS**

**\*Approximate Start times based on flow of meet**

#### **Tentative Schedule**

<b>5:15pm</b>	100mH Heats Women
<b>5:35pm</b>	110mH Heats Men
<b>5:50pm</b>	100m Heats Women
<b>6:10pm</b>	100m Heats Men
<b>6:30pm</b>	400m Timed Final Women
<b>6:40pm</b>	400m Timed Final Men
<b>6:50pm</b>	1500m timed final Men
<b>7:10pm</b>	110mH Finals Men
<b>7:20pm</b>	100mH Finals Women
<b>7:40pm</b>	100m Finals Women
<b>7:50pm</b>	100m Finals Men
<b>8:00pm</b>	800m Timed Final Women
<b>8:30pm</b>	800m Timed Final Men
<b>8:45pm</b>	5,000m Men & Women

**LIVE RESULTS:** Live results will be found on [www.speedrivertiming.com](http://www.speedrivertiming.com)

# Overview of facilities

